

## PERSONALIA

Name: Henricus Franciscus Johanna Hendriks (Henk)  
Degrees: MSc, PhD  
Address: Laan van Cattenbroeck 70  
3703 BP Zeist, Netherlands  
Telephone: +31(0)306911566  
Mobile: +31(0)651010454  
Email: [henk.hendriks5@gmail.com](mailto:henk.hendriks5@gmail.com); [henk.hendriks@tno.nl](mailto:henk.hendriks@tno.nl)  
Date, place of birth: 6 January 1957, 's-Hertogenbosch, Netherlands



## PERSONAL PROFILE AND AMBITION

Enthusiastic, motivated project initiator/manager focusing on scientific basis for the health aspects of nutrition.

Experienced in developing, acquiring and managing multidisciplinary research projects/programmes in nutrition at the interface of science and application in collaboration with national government and international industry.

Ambition to contribute to a better understanding of and a better scientific substantiation of health effects of nutrition by developing new concepts and applying new technologies.

## WORK EXPERIENCE

2014 – present

### **Consultant**

Owner of Hendriks Nutrition Support for Business B.V.

Current activities:

- Consultant to food companies on nutrition interventions evaluating health effects of nutrition
- Developing new research projects with industry and knowledge institutes
- Lecturing
- Organizing symposia

2011 – 2016

### **Project leader**

*Top Institute Food and Nutrition (TIFN), Wageningen, Netherlands*

Management of a multidisciplinary and multicentre research project on nutrition and appetite control (budget: 3.4 million €):

- Developing a 4-year research proposal involving four knowledge institutes (Wageningen University, Maastricht University, DLO and TNO) and three industrial partners (Kellogg's, Danone and Friesland Campina)
- Leading and coaching a project team consisting of scientists, post-docs, PhD candidates, technicians.
- Managing the scientific and operational/financial project progress
- Focus on food intake regulation, specifically on ileal brake induced by proteins and carbohydrates in invasive human studies, pig studies, in vitro receptor studies, chemical analysis and in silico modelling.
- In addition: member of the "Knowledge Management Platform", representing TNO in several Theme Councils

2010 – 2011

### **Business Line Manager 'Food and Health', a.i.**

*TNO, Zeist, Netherlands*

Developing and managing the Business Line "Food and Health" focusing on: 'Gut Health', 'Nutrient sensing' and 'Evaluating Health' (budget: 8 million €)

- Organizing and implementing a new organizational structure aiming at integrating knowledge investment and business development
- Developing and coordinating strategically relevant knowledge for and with stakeholders, i.e. government and industry
- Initiating strategic collaborations and (knowledge development) projects
- Generating scientific and business impact

2006-2010

**Programme Coordinator Weight management**

*TNO, Zeist, Netherlands*

Developing and managing a programme on weight management focusing on food intake regulation, metabolic diseases and behaviour

- Developing and coordinating strategically relevant knowledge for stakeholders, i.e. government and industry
- Initiating strategic collaborations and (knowledge development) projects
- Developing new concepts (e.g. 'the challenge concept') by applying new technologies (e.g. 'nutrigenomics')

2002-2006

**Product manager Human Studies**

*TNO, Zeist, Netherlands*

Developing and applying new technologies in clinical trials, developing and maintaining quality assurance and quality control

- Developing new study designs, applying sampling techniques (e.g. fat biopsies) and other techniques like nutrigenomics, stable isotopes, clamping
- Developing and applying GCP

1999 – 2013

**Consultant**

*TNO, Zeist, Netherlands*

Advising organizations and companies like ILSI, STIVA and Heineken

1994 – 2014

**Project leader 'Alcohol, Health and Society'**

*TNO, Zeist, Netherlands*

Responsible for developing the area of 'Health effects of moderate alcohol consumption':

- Developing, initiating, funding, coordinating and reporting multidisciplinary projects
- Collaborate with other parties on relevant topics (Harvard School of Public Health, Dutch Universities (Utrecht, Rotterdam, Amsterdam, Wageningen) and many others
- Maintaining and developing stake-holder relation
- Involve other disciplines like epidemiology, nutrigenomics, behaviour.
- Publishing in high ranking peer-reviewed journals
- Coaching of PhD students

Projects involved a.o.:

- Moderate alcohol consumption and coronary heart disease
- Moderate alcohol consumption and type 2 diabetes

1994 – 2014

**(Senior) Project leader**

*TNO, Zeist, Netherlands*

Management of multidisciplinary projects and strategic projects on health effects and safety of functional foods and novel foods:

- Developing, initiating, coordinating and reporting multidisciplinary projects concerning clinical trials according to ICH-GCP guidelines
- Project management
- Advising food industries on clinical trial design.
- Collaboration with other parties on clinical trial conduct (TNO Bibra, TNO Soesterberg, CHDR, QPS)
- Initiating, maintaining and developing stake-holder relation
- Collaborating with other disciplines like epidemiological research, pharma research
- Publishing in high ranking peer-reviewed journals
- Coaching of PhD students

Projects involved a.o.:

- Cholesterol lowering by plant sterols
- Food intake regulation by proteins

1990-1994

**Project leader**

*TNO, Leiden / Rijswijk, Netherlands*

Management of projects investigating health effects and safety of foods in humans, rodents and other animals

- Developing, initiating, coordinating and reporting multidisciplinary projects with stakeholders
- Publishing in high ranking peer-reviewed journals
- Coaching of PhD students

1983-1990

**PhD student**

*TNO, Rijswijk, Netherlands*

Develop and perform research on the topic 'Retinoid (vitamin A) metabolism in the rat liver)

- Perform research: cell isolation, chemical analyses, animal surgery
- Publishing in high ranking peer-reviewed journals

## EDUCATION / CERTIFICATES

2006:	Medisch Biologisch Wetenschappelijk Onderzoeker Voedingwetenschappen, SMBWO (certified nutritionist), Netherlands
1991:	PhD obtained at Leiden University, Netherlands on 'Retinoid (vitamin A) metabolism in the rat liver'.
1975-1983:	Biology, State University Utrecht, Netherlands; specialization in Biochemistry, Cell biology, Immunology, Pathology and Teaching
1969-1975:	Gymnasium B, Jeroen Bosch College, 's-Hertogenbosch, Netherlands

## LANGUAGES/COMPETENCES

**Languages**

Dutch: Native speaker; fluently speaking, writing, reading.  
English: Fluently speaking, writing, reading.

## Competences

Enthusiastic, motivated and creative leader and team player with managerial and scientific skills. Results oriented ambitious coordinator, strategic thinker.

## SCIENTIFIC OUTPUT

**Scientific publications: >250**

**Scientific publications registered in Scopus: 142**

**Co-promoter / coach of PhD students: 9 finalized, 1 current.**

**Hirsch Index: 50 (Google scholar)**

### Top ten cited:

1. Durston AJ, Timmermans JP, Hage WJ, Hendriks HF, de Vries NJ, Heideveld M, Nieuwkoop PD. Retinoic acid causes an anteroposterior transformation in the developing central nervous system. *Nature* (1989) 340:140-4.
2. Koppes LL, Dekker JM, Hendriks HF, Bouter LM, Heine RJ. Moderate alcohol consumption lowers the risk of type 2 diabetes: a meta-analysis of prospective observational studies. *Diabetes Care*. (2005) 28:719-25.
3. Hendriks HF, Weststrate JA, van Vliet T, Meijer GW. Spreads enriched with three different levels of vegetable oil sterols and the degree of cholesterol lowering in normocholesterolaemic and mildly hypercholesterolaemic subjects. *Eur J Clin Nutr* (1999) 53:319-27.
4. de Graaf C, Blom WA, Smeets PA, Stafleu A, Hendriks HF. Biomarkers of satiation and satiety. *Am J Clin Nutr* (2004) 79:946-61.
5. Sierksma A, Patel H, Ouchi N, Kihara S, Funahashi T, Heine RJ, Grobbee DE, Kluit C, Hendriks HF. Effect of moderate alcohol consumption on adiponectin, tumor necrosis factor-alpha, and insulin sensitivity. *Diabetes Care* (2004) 27:184-9.
6. Pijnappel WW, Hendriks HF, Folkers GE, van den Brink CE, Dekker EJ, Edelenbosch C, van der Saag PT, Durston AJ The retinoid ligand 4-oxo-retinoic acid is a highly active modulator of positional specification. *Nature* (1993) 366:340-4.
7. Hendriks HF, Veenstra J, Velthuis-te Wierik EJ, Schaafsma G, Kluit C. Effect of moderate dose of alcohol with evening meal on fibrinolytic factors. *BMJ* (1994) 308:1003-6.
8. Boelsma E, Hendriks HFJ, Roza L. Nutritional skin care: health effects of micronutrients and fatty acids. *Am J Clin Nutr* (2001) 73: 853-64.
9. Hendriks HFJ, Verhoofstad W, Brouwer A, de Leeuw AM, Knook DL. Perisinusoidal fat-storing cells are the main vitamin A storage sites in rat liver. *Exp Cell Res* (1985) 160: 138-49.
10. Blom WAM, Lluch A, Stafleu A, Vinoy S, Holst JJ, Schaafsma G, Hendriks HFJ. Effect of a high-protein breakfast on the postprandial ghrelin response. *Am J Clin Nutr* (2006) 83:211-20.

### Most recent publications:

1. Krishnan S, Hendriks HF, Hartvigsen ML, de Graaf AA. Feed-forward neural network model for hunger and satiety related VAS score prediction. *Theor Biol Med Model* (2016) 13(1):17. doi: 10.1186/s12976-016-0043-4.
2. Ripken D, van der Wielen N, Wortelboer HM, Meijerink J, Witkamp RF, Hendriks HF. Nutrient-induced glucagon like peptide-1 release is modulated by serotonin. *J Nutr Biochem*. (2016) 32:142-50. doi: 10.1016/j.jnutbio.2016.03.006.
3. van Avesaat M, Troost FJ, Ripken D, Hendriks HF, Masclee AA. Reply to M Mehrdad. *Am J Clin Nutr*. (2016) 103:1188-9. doi: 10.3945/ajcn.115.129627.
4. Ripken D, van Avesaat M, Troost FJ, Masclee AA, Witkamp RF, Hendriks HF. Intraileal casein infusion increases plasma concentrations of amino acids in humans: A randomized cross over trial. *Clin Nutr*. (2016) Jan 29. pii: S0261-5614(16)00034-0. doi: 10.1016/j.clnu.2016.01.012.
5. Schrieks IC, Wei MY, Rimm EB, Okereke OI, Kawachi I, Hendriks HF, Mukamal KJ. Bidirectional associations between alcohol consumption and health-related quality of life amongst young and middle-aged women. *J Intern Med*. (2016) 279:376-87. doi: 10.1111/joim.12453.

6. van Avesaat M, Troost FJ, Ripken D, Peters J, Hendriks HF, Masclee AA. Intraduodenal infusion of a combination of tastants decreases food intake in humans. *Am J Clin Nutr.* (2015) 102(4):729-35. doi: 10.3945/ajcn.115.113266.
7. Schrieks IC, Ripken D, Stafleu A, Witkamp RF, Hendriks HF. Effects of mood inductions by meal ambiance and moderate alcohol consumption on endocannabinoids and N-acyl ethanolamines in humans: a randomized crossover trial. *PLoS One.* 2015 May 11;10(5):e0126421. doi: 10.1371/journal.pone.0126421.
8. Schrieks IC, Heil AL, Hendriks HF, Mukamal KJ, Beulens JW. The effect of alcohol consumption on insulin sensitivity and glycemic status: a systematic review and meta-analysis of intervention studies. *Diabetes Care.* (2015) 38(4):723-32. doi: 10.2337/dc14-1556. Review.
9. Schrieks IC, Stafleu A, Griffioen-Roose S, de Graaf C, Witkamp RF, Boerrigter-Rijneveld R, Hendriks HF. Moderate alcohol consumption stimulates food intake and food reward of savoury foods. *Appetite* (2015) 89:77-83. doi: 10.1016/j.appet.2015.01.021.
10. Ripken D, van der Wielen N, van der Meulen J, Schuurman T, Witkamp RF, Hendriks HF, Koopmans SJ. Cholecystokinin regulates satiation independently of the abdominal vagal nerve in a pig model of total subdiaphragmatic vagotomy. *Physiol Behav* (2015) 139:167-76. doi: 10.1016/j.physbeh.2014.11.031.

#### **Scientific meetings / editor**

- Organizing scientific symposia
- Lecturing on 'Alcohol and Health', 'Obesity and weight management', 'Biomarkers', Clinical trial conduct'
- Member of forum discussions and strategic work shops
- Member of various scientific organizations
- Editor of the abstract journal 'Alcohol Research' from 1996-2005